Although Delhi is at the bottom in the overall ranking, it is higher up in the effort ranking as they are making efforts to get healthier. They have a higher average step count and sleep well too. Despite being a large metro they have lesser aches and pains than the rest of the metros. Delhi slips in the ranking due to the higher incidence of lifestyle diseases and allergies. Delhi has a high underweight population as well. All this leads to Delhi is ranked 12th in the race to be the healthiest city in India.
**Thyroid** 12.1%  
**Heart Issues** 9.5%  
**Acidity/Indigestion** 26.4%  
**Allergies** 16.1%  
**Aches and Pains** 17.0%  
**% of People Falling Sick More than Twice a year** 21.6%  

**Average Steps** 7366  
Rank 5  
**Average Water intake (in lts)** 2.2  
Rank 6  
**Average Food Logs** 2.5  
Rank 9  
**Average Sleep (in hours)** 7.0  
Rank 5  

**Stress Management Score** 2.8  
Rank 7  
**Alcohol** 42.6%  
Rank 15  
**Smoking** 19.1%  
Rank 6  
**HRA Score - % of People in the UnHealthy bracket** 60.4%  
Rank 7